

**Claim 37:**

The method according to claim 1, wherein said method is attenuating obesity.

**Claim 38:**

The method according to claim 2, wherein said metabolic change is decreasing intracellular calcium concentrations.

**Claim 39:**

The method according to claim 2, wherein said metabolic change is stimulating lipolysis.

**Claim 40:**

The method according to claim 2, wherein said metabolic change is inhibiting lipogenesis.

**Claim 41:**

The method according to claim 2, wherein said metabolic change is increasing the expression of white adipose tissue uncoupling protein 2.

**Claim 42:**

The method according to claim 2, wherein said metabolic change is reducing serum insulin levels.

**Claim 43:**

The method according to claim 2, wherein said metabolic change is thermogenesis.

**Claim 44:**

The method according to claim 2, wherein said metabolic change is decreasing the levels of calcitrophic hormones.

**Claim 45:**

The method according to claim 5, wherein said calcium is contained in dairy products.

**Claim 46:**

The method according to claim 5, wherein said calcium is contained in a dietary supplement.

**Claim 47:**

The method according to claim 5, wherein said calcium is contained in foodstuffs supplemented with calcium.

**Claim 48:**

The method according to claim 5, wherein said calcium is contained in foods high in calcium.

**Claim 49:**

The method according to claim 6, wherein said calcium is contained in salmon.

**Claim 50:**

The method according to claim 6, wherein said calcium is contained in beans.

**Claim 51:**

The method according to claim 6, wherein said calcium is contained in tofu.

**Claim 52:**

The method according to claim 6, wherein said calcium is contained in spinach.

**Claim 53:**

The method according to claim 6, wherein said calcium is contained in turnip greens.

**Claim 54:**

The method according to claim 6, wherein said calcium is contained in kale.

**Claim 55:**

The method according to claim 6, wherein said calcium is contained in broccoli.

**Claim 56:**

The method according to claim 6, wherein said calcium is contained in waffles.

**Claim 57:**

The method according to claim 6, wherein said calcium is contained in pancakes.

**Claim 58:**

The method according to claim 6, wherein said calcium is contained in pizza.

**Claim 59:**

The method according to claim 6, wherein said calcium is contained in milk.

**Claim 60:**

The method according to claim 6, wherein said calcium is contained in yogurt.

**Claim 61:**

The method according to claim 6, wherein said calcium is contained in cheeses.

**Claim 62:**

The method according to claim 6, wherein said calcium is contained in cottage cheese.

**Claim 63:**

The method according to claim 6, wherein said calcium is contained in ice cream.

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**Claim 64:**

The method according to claim 6, wherein said calcium is contained in frozen yogurt.

**Claim 65:**

The method according to claim 6, wherein said calcium is contained in nutrient supplements.

**Claim 66:**

The method according to claim 6, wherein said calcium is contained in calcium fortified vitamin supplements.

**Claim 67:**

The method according to claim 6, wherein said calcium is contained in liquids supplemented with calcium.

**Claim 68:**

The method according to claim 7, wherein said method is attenuating weight gain and adiposity in children.

**Claim 69:**

The method according to claim 7, wherein said method is reducing the risk of adiposity in children.

**Claim 70:**

The method according to claim 7, wherein said method is controlling weight gain in children.

**Claim 71:**

The method according to claim 9, wherein said calcium is contained in dairy products.

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The method according to claim 9, wherein said calcium is contained in a dietary supplement.

Claim 73:

The method according to claim 9, wherein said calcium is contained in foodstuffs supplemented with calcium.

Claim 74:

The method according to claim 9, wherein said calcium is contained in foods high in calcium.

Claim 75:

The method according to claim 10, wherein said calcium is contained in salmon.

Claim 76:

The method according to claim 10, wherein said calcium is contained in beans.

Claim 77:

The method according to claim 10, wherein said calcium is contained in tofu.

Claim 78:

The method according to claim 10, wherein said calcium is contained in spinach.

Claim 79:

The method according to claim 10, wherein said calcium is contained in turnip greens.

Claim 80:

The method according to claim 10, wherein said calcium is contained in kale.

Claim 81:

The method according to claim 10, wherein said calcium is contained in broccoli.

Claim 82:

The method according to claim 10, wherein said calcium is contained in waffles.

Claim 83:

The method according to claim 10, wherein said calcium is contained in pancakes.

Claim 84:

The method according to claim 10, wherein said calcium is contained in pizza.

Claim 85:

The method according to claim 10, wherein said calcium is contained in milk.

Claim 86:

The method according to claim 10, wherein said calcium is contained in yogurt.

Claim 87:

The method according to claim 10, wherein said calcium is contained in cheeses.

Claim 88:

The method according to claim 10, wherein said calcium is contained in cottage cheese.

Claim 89:

The method according to claim 10, wherein said calcium is contained in ice cream.

Claim 90:

The method according to claim 10, wherein said calcium is contained in frozen yogurt.

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Claim 91:

The method according to claim 10, wherein said calcium is contained in vitamin supplements.

Claim 92:

The method according to claim 10, wherein said calcium is contained in liquids supplemented with calcium.

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